



Putting skills to good use

Students use their training to help charity groups.
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SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



Twisting away

Health and Wellness Week gets people going.
Page 2

MONDAY, MARCH 22, 2010

CONESTOGA COLLEGE, KITCHENER, ONT.

WWW.CONESTOGAC.ON.CA/SPOKE

42ND YEAR – NO. 10



PHOTO BY MITCH MUIR

Construction began on the new F-wing at the Doon campus on March 10. It will be located near the blue parking lot just outside the doors of the E-wing. Gateman Milloy, a general site contractor based in Kitchener, is doing the earthwork.

Construction begins on new F-wing

By MITCH MUIR

Condors will now have six wings.

On March 9 students were greeted with a blue fence cordoning off a section of the blue parking lot beside one of the E-wing entrances.

Construction began on the much anticipated F-wing on March 10.

There won't be anything that makes it stand out from the other wings, according to Tim Schill, manager of plant operations and construction.

The new wing will house an expansion of health science and pre-health foundation programs. The expansion will help students who wish to attend partner sites, such as Wilfrid Laurier University, because there will be more opportunity for more realistic scenarios. The partnership talks are currently underway.

The possibility of new programs include post-graduate programs for nurses who want to work in special hospital areas such as long-term care, mental health or pharmacy. It may also include a public health degree.

Administrators also intend

to have the law and security administration and police foundation students get involved in security-related learning scenarios. The new wing will also help social services students to hone their interviewing skills in a new interview/individual assessment suite, and students in the new community and criminal justice program might be attending teleconference sessions in a new teleconference suite.

Students will enjoy a central area on each of the three floors where they can interact with each other and faculty. To go along with that, the addition will also have professional practice labs for health-care students, an expanded simulation centre and four life science labs spread out amongst the three floors.

The wing is being built to meet the demand for work-force needs in the health and life sciences programs. According to Marlene Raasok, executive dean of health and life sciences, we don't always have room to accommodate the needs we have "the way we would like."

The desire to develop new

types of learning environments and improve connections with the community also played a key role in the decision to build a new wing.

The building should be able to accommodate enrolment increases over the next five to 10 years. Faculty will be added as needed.

The building will meet Ontarians with Disabilities Act building requirements.

Other construction plans include the building of an emergency medical services station in partnership with Waterloo Region between the ATS building and parking lot 10.

Construction is expected to begin sometime this August or September. No specific date has been set.

Stantec Architects will be presenting the official designs for the F-wing on March 23 at 2 p.m.

Gateman-Milloy, which is currently on site, is only doing the earthwork for the F-wing project. The company does projects such as golf course construction and skateboard park construction.

A general contractor is expected to be named by March 25.

Residence has new drug policy

By SARAH MACINTOSH

Due to recent incidents that have arisen, Conestoga residence has a new drug policy that went into effect March 15. Any resident who is known to be involved in the use of illegal substances on residence property will be considered for eviction.

Mike Cowling, front desk manager, sent an email to every student in residence to make them aware of the new drug policy. It states the policy is being put into effect so that residence can carry on helping residents make better choices and help them succeed throughout the rest of their academic and professional careers.

"The main concern is that it is an illegal substance problem that is recently happening a lot more often. A lot of people seem to take a different thought pattern on marijuana being illegal," said Cowling. "This is about education and that bad stuff will stay with you."

Campus security will be immediately notified of any activity involving illegal substances or paraphernalia and, depending on the situation,

Waterloo Regional Police may be called.

"We don't have control over students and what they do, but when illegal substances come onto residence property, we have to take action," said Cowling.

If a resident does not obey the rules, he could be evicted without financial compensation. A resident could also be punished for having knowledge, if he is present when someone else consumes an illegal substance on residence property.

"Eviction is a possibility," he said. "Some students have a hard time understanding that eviction is a possibility."

Police officers from Waterloo Regional Police Services are now visiting residence more frequently to try and stop the increase in illegal substance use in the building. They, along with campus security, drive through the parking lot and check in with front desk staff regularly to see how everything is going.

"If a student suspects something they should notify front desk," said Cowling. "If your roommate's smoking in your room, it's not something you want to be connected to."

IS YOUR IPOD DAMAGING YOUR HEARING?



PHOTO BY NICOLE HANNUSCH

During Health and Wellness Week, students could learn how their iPods were affecting their hearing. Above, Krista Ferguson, a first-year hearing instrument specialist student, explains the results of a hearing test to a student.

Now deep thoughts ... with Conestoga College

Random questions answered by random students
If you could only watch one movie
for the rest of your life,
what would it be?

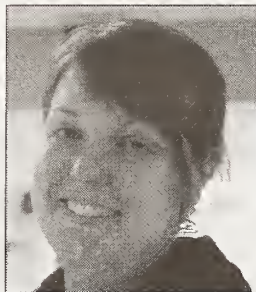


"Blow. I thought the acting
was really good."

Christine Astles,
first-year
office administration -
executive

"Kill Bill. I thought the plot
was very interesting and I
liked the actors."

Nova Reilly,
second-year
practical nursing



"Avatar. The graphics were
really good and the plot
was amazing."

**Michelle
Vanveghel,**
third-year
management



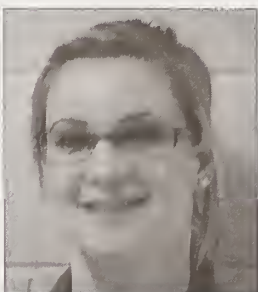
"I would watch Oceans 11.
It has good directing, a
good cast and a well
thought out storyline."

James Clark,
second-year
accounting



"New Moon. It was a good
romance."

Heather Blok,
first-year
office administration -
general



"Top Gun, I love anything
with Tom Cruise."

Andrea Feys,
second-year
practical nursing



Smile Conestoga, you could be our next respondent!

Healthy living has its rewards

Don Franklin
named winner of
Healthy Living
Challenge

By NICOLE HANNUSCH

Conestoga's Healthy Living Challenge drew to a close on March 10 with woodworking faculty member Don Franklin being announced as the competition winner.

The Healthy Living Challenge was aimed at getting both staff, faculty and students at Conestoga to live healthier on a day-to-day basis by making small, positive lifestyle choices.

Participants were challenged to participate in several different healthy acts spread over the course of four weeks, from Jan. 25 to Feb. 26.

The names of the winners were announced in the Student Life Centre during Health and Wellness Week. Franklin was the only competitor in the challenge to complete all of the acts every week of the month-long competition.

The acts, themed into four environmental, nutrition, stress reduction and physical activity weeks, included using the hydration station located in the C-wing, attending a relaxation session, going on a campus walk and attending a healthy eating seminar.

For his efforts, he received a three-month staff membership to the rec centre, donated by Paul Osborne, and a gym bag and Conestoga sweatshirt donated by the Alumni Association.

Anastasia Lebold, Melissa Lachaine, Samantha Quinn, Amanda Galenkamp and Cindy Vancouteren were also recognized for their efforts in the challenge.

Some of their prizes included book bags and water bottles donated by the Bookstore, gift certificates donated by Chartwells and one-month gym memberships donated by the YMCA.



PHOTO BY NICOLE HANNUSCH

Don Franklin, a woodworking faculty member, received a rec centre membership as the winner of the Healthy Living Challenge.

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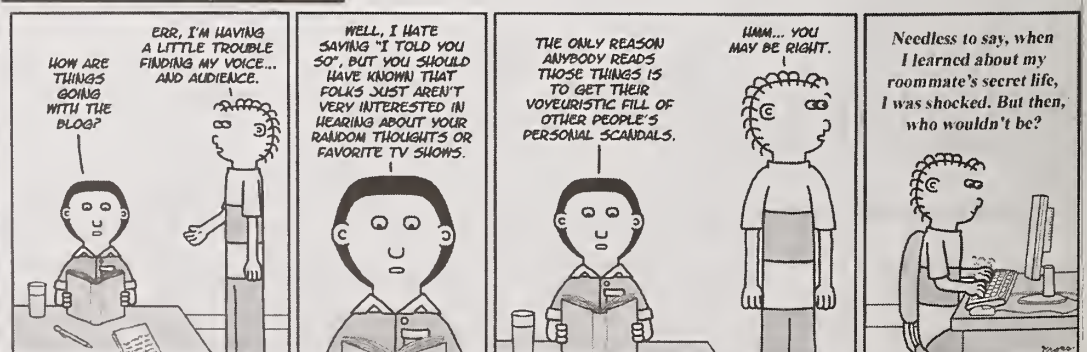
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Houseplants clean the air

By MICHELLE SOMMER

Houseplants have a reputation of being dull and associated with nursing homes, libraries and dental offices. But in truth, they're much more than a decorative item.

Not only have they been known to create a more welcoming and relaxing atmosphere, it's also been proven that they are beneficial to our health.

"In the late 1980s, NASA actually conducted a study that showed some tropical plants commonly used as houseplants can actually remove harmful chemicals from the air we breathe; this is really important because it helps prevent sick building syndrome," said Jen Murray, the web editorial assistant at Canadian Gardening.

Murray explains how houseplants clean the air through one simple process.

"If there isn't adequate ventilation in buildings, chemicals, irritants like dust, and other nasty things can become trapped in the air and this can actually make us sick. Plants help remove toxins from the air, as well as exchange carbon dioxide for oxygen through photosynthesis," she said.

Murray encourages students to invest in houseplants for their well-being. "Another reason students would benefit from houseplants in their dorms is a theory called bio-

philia, which suggests that human beings actually need to be around plants and other living creatures in order to survive and thrive. Studies have also shown that workers are up to 17 per cent more productive when they have plants at their offices and workers with plants are happier than their foliage-free co-workers," she said.

Students can boost their attitude and perhaps even grade by stopping by a local garden centre or grocery store for a few basic houseplants.

But Murray recommends doing some research prior to purchasing the plants for students with pets, as some of them can be poisonous if ingested by a dog or cat.

Many of the plants that have been proven to clean the air are not only affordable, but easy to care for. Some of these plants include English ivy, spider plants, dracaena and gerbera daisies which cost about \$2 to \$3 each for a small plant.

"For students, I would probably recommend easy things like philodendron, dracaena and spider plants ... although I would say any plant would provide the benefit of a mental boost and better oxygen levels in the room," said Murray.

For abundant tips from purchasing to cat-proofing your houseplants, visit candian-gardening.ca and simply search "houseplants."



PHOTO BY MICHELLE SOMMER

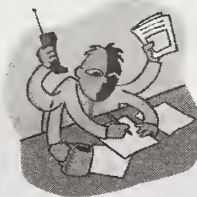
Coleus is one of the best houseplants because of its colourful foliage, small flowers and love of shade. They come in a myriad of shapes, sizes and colours and like many other houseplants, filters toxins out of the air in your home.

IT WAS A SUPER SWEET SUNDAY AT RESIDENCE



PHOTO BY SARAH MACINTOSH

Resident adviser and student, Sam Browne, and front desk customer service representative, Sarah Carmichael, served homemade ice cream to students at Conestoga Residence on Sunday, March 15. Carmichael used to work at Marble Slab Creamery for two years, and she made the two flavours — birthday cake and Swiss chocolate — which sold for \$3 a dish.



COUNSELLOR'S CORNER:

Stress and Stress Management

Part 1: What is Stress?

Stress has become part of our everyday vocabulary.

Why write a column on stress when everyone deals with it daily? Since stress is misunderstood and mismanaged, let's start with understanding.

Stress denotes the changes that we undergo as we experience and adjust to our continually changing environment. It has physical and emotional effects on us and can create positive or negative feelings. As a positive influence, stress creates anticipation and excitement and can compel us to action (remember that clutch single that won the T-ball game for your team?). As a negative influence, stress can result in discomfort, anger and rejection, with health problems such as headaches, upset stomach and insomnia.

Although almost everyone responds to some situations with a high level of stress (death of a loved one, birth of a child, beginning or ending a relationship), individuals respond differently to most situations. These become stressors for an individual only if they are construed as threatening or dangerous. Most of us cringe at the thought of having to parachute from an airplane; some find it a challenge. Most of us avoid contact with snakes. Others keep them as pets. Most of us experience anxiety at the thought of presenting in front of a class, and while some will do anything to avoid it, a few get totally turned on.

The goal is not to eliminate stress but to learn how to manage it and even use it to help us. For more information or help with Stress Management, talk with a counsellor in Counselling Services.

A Message from Counselling Services, 1A101.

Parking woes continue

BY DANE BRASON

College administration has taken a lot of heat this school year over the lack of parking on campus. With construction now underway on the new F-wing, it has become even harder for students to find an empty parking spot.

Some spaces near the construction site, in Lot 13, have been blocked off so heavy equipment can be parked there, and for safety reasons.

With an almost 20 per cent increase in the number of students on campus, parking has been at a premium this year. The days of arriving at school two minutes before your class starts are no longer feasible because if you're not on campus early, it's likely you won't be able to find a parking spot.

The year began with students complaining that there were not enough parking passes to go around, as parking lots were sold out.

The college dealt with that situation quite well, informing students that passes would become available in the coming weeks as students gave back their passes after finding someone to carpool with, or discovering college life wasn't for them.

Then the college took a lot of heat because they sold more passes than there were spaces available.

When walking through the parking lots in the morning it was, and continues to be, a common sight to see several drivers roaming up and down the aisles, searching frantically for a spot, hoping they won't be late for class.

The college tried to help students by adding about 250 new parking spaces at the back of Lot 13b. The thought was nice but the parking situation still has not improved.

And the parking situation isn't going to get any better next year.

If the college has another increase of 20 per cent in its enrolment, there will be a lot more angry students.

Solving this issue should be priority No. 1 for the college in the summer, as it is an issue that isn't going away anytime soon.

Perhaps a parking garage is the answer.

The views herein represent the position of the newspaper, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published. Letters should be no longer

than 500 words.

Spoke reserves the right to edit any letter for publication.

Address correspondence to:

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Doon Valley Dr.,
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Sidney Crosby scored the winning goal in overtime to clinch Olympic gold for the men's hockey team. Will the victory be one of our generation's milestones?

Do you remember where you were?

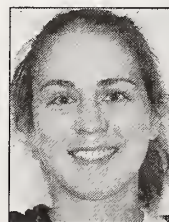
Every generation has certain milestone events where everyone remembers exactly where they were when it happened or when they found out about it.

For some it was D-Day, during the Second World War or when Pearl Harbor was struck. For others it may be when John F. Kennedy or Martin Luther King Jr. were assassinated.

For my generation, I believe it will be September 11, 2001, when the twin towers in New York City fell. Everyone will remember where they were when they either saw or found out about 9/11.

I was in high school at the time and heard some other students talking about planes running into buildings. But I just figured they were studying some foreign historical event that I hadn't learned about.

However, my friend's older sister picked a group of us up from basketball tryouts and she explained what happened. I remember we were driving along Gibson Drive in her hunter green Grand Caravan. I was sitting in the bucket seat behind the front passenger seat and she used hand gestures to show us what happened.



Janelle
Scheifele
Opinion

On a happier note, Canada achieved another milestone recently – the men's hockey team won gold at the Olympic Games in Vancouver. This was a big deal because it was on home soil.

Yes, I realize that it wasn't our first gold at home, and we had already won the women's hockey gold. But, with all due respect to Alexandre Bilodeau and the women's hockey team, I believe the success or failure of the 2010 Vancouver Olympics rested with the men's hockey team. Even if we hadn't won a single other medal, if we won hockey gold at least we would have been the best at the sport we are the proudest of.

I wonder if the men winning Olympic gold over the United States in overtime will be one of those monumental moments.

I wonder if Sidney Crosby will be put on the same pedestal as Paul Henderson, Wayne

Gretzky and Terry Fox.

I wonder these things because I think I was the only person in Canada not watching the game. I was working that evening and elected to ride my horse.

Every once in a while there was an update on the radio while I was riding, telling me the score, causing celebrating or groaning depending on who put the puck in the net. At Starbucks I heard one barista tell another that the U.S. had tied the game with seconds remaining and the game was heading into overtime. Occasionally my friends would also text me updates.

However, I knew exactly when Canada won because all of a sudden my phone almost buzzed out of my pocket as multiple messages came at once – "THEY WON! CROSBY SCORED!" "CANADA WON GOLD!" "YOU WOULD NOT BELIEVE THE CELEBRATION!"

I wonder if I will regret that I didn't rearrange my schedule to watch and may have missed an important moment in my country's history. Or perhaps I will remember it more clearly if only because I was the only one not doing anything out of the ordinary.

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Don't forget about John Hughes

For a guy who disappeared from the public eye nearly two decades ago, quintessential '80s film writer and director, John Hughes, seems to be having been getting a lot of media attention over the last few months.

This is, of course, not overly surprising due to his death of a heart attack at age 59 in August. However, the recent interest in his work, disappearance from filmmaking and contribution to popular culture seems like a fairly typical case of not truly appreciating what you have until it's gone.

Hughes, responsible for writing and directing classic teen films *Sixteen Candles*, *The Breakfast Club* and *Ferris Bueller's Day Off*, was honoured with a lengthy tribute during this year's Academy Awards broadcast. It was an unusual occurrence for a television special that is always desperately trying to cut its airtime. NBC's comedy series, *Community*, has made blatant homage to Hughes' films a trademark of its pop culture referential humour.

It would be easy to write off this renewed interest in the radar after writing the



Gillian Webber
Opinion

screenplay for 1990's *Home Alone*, as just another bit of nostalgia for the bygone era that spawned *The Brat Pack*, synthesizer-heavy music and some remarkably terrible hairstyles. But there is more to it than that.

While interest in John Hughes as a person may have had a resurgence since his death, his films have never really gone away. The memorable scenes and characters from these movies, not to mention the endlessly quotable dialogue, have permeated the cultural lexicon in such a way as to make them instantly recognizable.

How many times has a teacher standing in front of an obviously disinterested class recited the monotone phrase "Bueller? Bueller?" as a way to regain the students' attention?

The generation that was

passed them down to their now coming-of-age children for good reason. Hughes set out to make movies about teenagers and he got it right.

His films starred actors who either were teenagers or believably looked the part, grappling with issues that were relatable to young people. When Molly Ringwald's character Samantha in *Sixteen Candles* is trying to catch the eye of that seemingly perfect senior guy, but can't seem to shake the unwanted attention of a geeky admirer, there were plenty of young women out there who could share in her frustration.

The oft-parodied scenes from *The Breakfast Club* when a group of kids from various different cliques endure a Saturday of detention in the school library and come to realize they're not as different as they seem still pack the same emotional punch today as they did 25 years ago.

Sure, the stereotypes of "a brain, an athlete, a basketball case, a princess and a criminal" are a bit broad, but the challenge of trying to figure out who you are and who you

are, going to become are a means gritty documentaries and contain over-the-top humour and many outlandish situations, they still seem far more real than the sex-crazed comedies that are geared to this generation's youth.

Hughes' films discuss sex in a frank manner, contain their fair share of swearing and routinely feature teen drug and alcohol use. But instead of coming off as crude and gratuitous, these movies are simply being honest about the typical teenage experience.

The 2009 Canadian documentary, *Don't You Forget About Me*, about a group of independent filmmakers who go on a road trip to find John Hughes and try to discover why his movies have had such a lasting impact, was recently released on DVD.

Though the film ends on a sad note with the crew unable to make contact with the reclusive director before his death, Hughes' sudden and untimely demise only serves to drive home the motto of the guru of playing hooky, *Ferris Bueller*: "Life moves pretty fast. You don't stop and look around once in

Canadian Diabetes Association

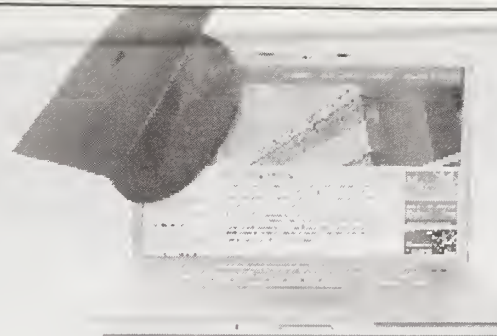
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"Before my diagnosis, I was a professional athlete. Life was good and the future was bright."

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Conestoga College students put their



PHOTO BY LISA BUCHER

Renovation technician students worked hard fireproofing the beams in the sanctuary of the Waterloo Regional Dream Centre during their last day, March 10, on the site.

By LISA BUCHER

This is the third year in a row that students in Conestoga College's renovation technician program and women in skilled trades program (WIST) have used their skills to help not-for-profit organizations with renovation jobs.

To get the word out about the volunteer labour, Doug Lockston, a Conestoga College carpentry professor who co-ordinated this initiative, contacted the Volunteer Action Centre and the Kitchener and Cambridge United Ways who, in turn, made non-profit agencies aware of the opportunity to have renovations done. The college then provided them with an application.

A selection committee, which consisted of people who have businesses within the community, narrowed the choices and then a site tour was done. "We bring the executive directors in to do a presentation about what their charity does for the community and then, based on that, they (the students) decided which one they would like to work at," said Lockston.

"This is an opportunity for them to take their newly acquired skills and go out into the community and they become volunteers of the agency. We do incorporate some of it into our classroom time but it is not a co-op or a project, it is above and beyond," said Lockston.

This year they chose three

projects as well as one at the college.

Fifty-nine students spent a total of two weeks at the sites. "We try to pick projects that we can finish within two weeks," said Lockston.

One of the sites chosen was the Waterloo Regional Dream Centre. "The mission is to bring the hope of the gospel to the homeless, youth, adults in conflict, families in poverty and those struggling with addiction and/or mental health issues," said Lockston. "They work with people off the street. They also support the Out of the Cold program, providing meals and food like the food bank does."

At the Dream Centre the students worked on fireproofing the beams in the sanctuary and painting and improving the stage. "The Dream Centre, because of the size of it, is ongoing and we can only give them two weeks' worth of labour. They will just carry on with volunteers from the community," said Lockston.

Home Foundations donated the money for the Dream Centre to purchase the materials, Swanson's Home Hardware Building Centre provided the material at cost and the students provided the labour.

"It is good to put all the theory into practise and get more hands-on time working at a construction site that is really busy," said Vashti Lucier, a student in the eight-month WIST program.



PHOTOS BY LISA BUCHER

Above, Matt Timukasm, a renovation technician student, put up siding at St. John Ambulance during his last day working there. Right, Jason Mitchell, a second-year renovation technician student, sands a door at the Cambridge Shelter. Conestoga students spent a total of two weeks at the site, soundproofing the doors and walls.



renovation skills to charitable use

She said she practised her safety skills, working up high, working on scaffolding and working as a team.

"It is community work. I have always tried in some way to give back. This is for a great cause; it is going to be a church for the centre. Every Tuesday night they have homeless people come in and sleep here. So it is important that it is safe. This organization is so much more than just housing the homeless, they help everyone in need."

The second site was St. John Ambulance. "Their mission is to enable Canadians to improve their health, safety and quality of life through training and community service. So we are working there," said Lockston.

At St. John Ambulance the students insulated and put up metal and vinyl siding on the front and side of the building. Swanson's Home Hardware Building Centre donated the materials for the insulation.

Jessica Gemmiell, a WIST student, said, "This was one of three that we could have

was outside."

The third job site was the Cambridge Shelter, in the downtown Galt section of Cambridge.

"The Cambridge Shelter is for individuals and families who are homeless. They operate a drop-in centre to provide individual and group addiction counselling," said Lockston. "So there is a small house that they have recently purchased and we put in two rooms for them with soundproof doors and soundproof walls and we removed some walls to make a large open area where they meet for their AA meetings. They can have 15 to 20 people sitting in a circle."

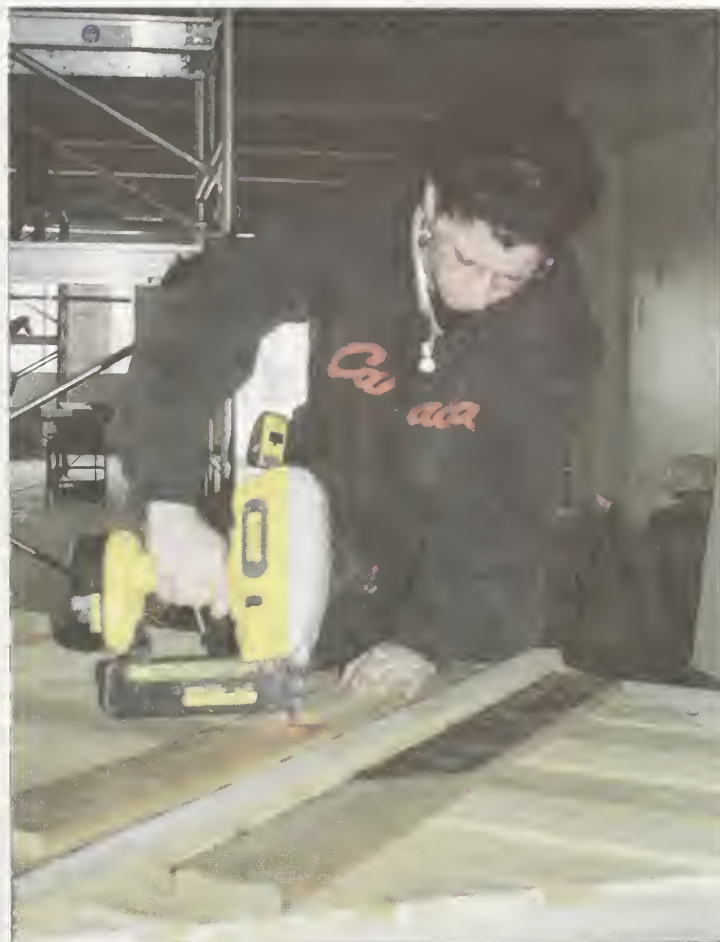
For the Cambridge Shelter Swanson's Home Hardware donated the material, Eastforest Homes provided the stamp drawings for the city, W.J. Electrical did the electrical work and the students provided the labour.

Nikki Kaye, one of two women in the renovation technician program, worked on the Cambridge Shelter project. "When they came in, they were using the house for,

to help people get over drugs, I thought this would be good for them to get a jump-start in life."

The fourth project was for Sunnyside Home, a retirement community on Franklin Street in Kitchener. The students built park benches on campus for the retirement home's walkway. Sunnyside provided the money and the supplies were purchased through a company in Stratford. The students provided the labour and Swanson's Home Hardware will deliver the benches.

"I think everyone benefits," said Lockston. "The not-for-profit agencies benefit from our students providing something they may not be able to do or would take a lot of money. The students benefit because they are actually able to go onto a live job site and be able to show their skills that they have learned over the last couple of years. The college benefits because our programs are getting out there — the word is getting out to the community at large that here is what our students are doing here is



April Harris, a student in the WIST program, works on building the benches at the Waterloo Regional Dream Centre.



PHOTOS BY LISA BUCHER

Above left and right, Natalie Hughes and Ashley Gates work hard at the St. John Ambulance site. Hughes is a student in the eight-month WIST program, and Gates is one of only two females in the renovation technician program.

Left, Nikki Kaye, the other woman in the renovation technician program, measures for baseboards at the Cambridge Shelter during her last day at the site.

Conestoga offering new trades programs

By CHRIS BATT

Students looking to start a career in the skilled trades will be interested in two new programs at Conestoga College.

The mechanical techniques plumbing program and power line technician program will each provide students with the skills necessary to start careers in plumbing and power line maintenance.

The mechanical techniques plumbing program is a one-year Ontario college certificate program offered at the Waterloo campus. The program will provide students with the theoretical and practical skills needed in the plumbing trade.

"The plumbing program is focused on giving students the hands-on experience needed in the industry," said Abby Brandes, student and employer liaison for trades and apprenticeships.

The power line technician program is a two-year diploma program offered at the new Ingersoll centre. Students will learn the skills needed for the construction, maintenance and repair of overhead and underground power transmission systems. Students will be registered as

power line technician apprentices, and will participate in two 19-week co-op terms.

"There is a need for power line technicians in the region," said Brandes. "The co-op placements for this program are very easy to get."

"

The plumbing program is focused on giving students the hands-on experience needed in the industry.

— Abby Brandes

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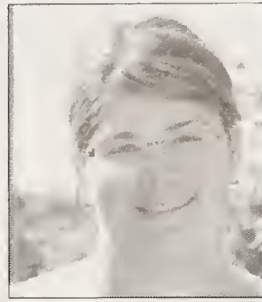
The School of Trades and Apprenticeships at Conestoga College currently offers over 50 different programs, ranging from traditional apprenticeships to diploma programs. In recent months, the school has seen a large increase in demand for trades programs.

"We are busting at the seams with students interested in trades programs," said Brandes.

"The Waterloo campus has a new building to help meet this need."



Amanda Noel



Shannon Paylor



Heather Grant



Andrea Mitchell

Toyotas: to buy or not to buy

Students and residents have mixed feelings

STORY AND PHOTOS
BY JUSTINE REIST

Toyota has faced scrutiny from media and consumers since their recall that started in January. The gas pedals were sticking, causing cars to speed up at such a rate that it made it difficult to stop. Since the first 2.3 million vehicles were recalled at the beginning of the year including the Avalon, Corolla, Camry and Highlander, Toyota has also recalled the 2008-2009 Prius and most recently the 2010 Prius.

With so many problems at North America's number 1 car company, has it swayed people's opinion about purchasing one of the once-praised cars? Kathie Grant, a first-year architecture student, hasn't lost any faith.

"My Corolla has over

300,000 kilometres on it and still starts with the first turn of the key every time."

However, Amanda Noel doesn't share Grant's sentiment.

"I have a four-year-old daughter, why would I take those kind of risks?"

Children are always a big concern for parents when choosing a car to get them around.

"My son is everything to me. I don't have anything towards Toyota, but I wouldn't risk something happening, not with him in the car," said Shannon Paylor, an executive assistant, who chose to stay with Chevy even before the recalls took place.

Heather Grant, a student, about her red Yaris.

"I own a 2007 Yaris, and it has been nothing but an excellent car. I know it's not

on the recall list or anything but I would never badmouth Toyota in any way."

Students still look at Toyotas as reliable first cars. Andrea Mitchell, a high school student, would consider purchasing a Toyota.

"I'm not ready to buy a car yet. I drive my parents' Ford around right now. But, I might consider getting a Toyota. I am sure they will have everything figured out by then."

Toyota has been under siege by everyone for their mistakes, but some consumers are staying loyal, including Kathie Grant.

"I'd buy a Toyota in a heartbeat."

"Yes, they had recalled it better, but the bottom line is they make quality cars and the market value of used Toyotas bears that out."

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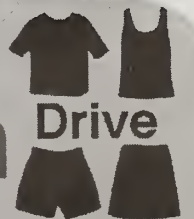
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The Nerdy Gamer Reviews: No More Heroes 2: Desperate Struggle

By **FREEMAN CARTER**

Two years ago, a game came out that quickly shot to the top of my favourite games list. No More Heroes put the beam katana skills of the crass, anime-loving Travis Touchdown against the top 11-ranked assassins. The bosses were completely over-the-top, the writing was witty and clever, and it was clear that having fun while playing was the number 1 goal. This game made such an impact on me that I even dressed up as Travis for Anime North, lightsaber in hand.

Fast forward two years, and No More Heroes 2: Desperate Struggle has reawakened my love of this franchise. Worried about stores not getting enough copies, I even went so far as to pre-order from my much-loathed nemesis EB Games. Any bit of teaser footage that came out beforehand, I lapped up like a thirsty dog. The biggest news? That Travis would be back, but this time ranked 51st in the United Assassin's Association. I began hyperventilating at the thought of 51 ridiculously awesome bosses to split in half.

That is probably my only gripe with Desperate Struggle. While you are ranked 51st, there are only 15 boss fights. While still more than the first game, it was still a little disappointing. Granted, there is one boss battle against the 25th ranked assassin who turns into a giant mech (think Power Rangers or Voltron) with the help of his 24 cheerleaders. There goes 25 rankings right there. The other major jump in rank almost seems like a running joke from the first game. In No More Heroes, Letz Shake was a boss fight which ended up just being a cut-scene.

But enough bad, let's talk about the good, and there is a lot of good. Returning as playable characters are Shinobu, a high school girl who Travis spared in the first game, as well as Travis's twin brother Henry, who Travis finds frozen in carbonite (no, seriously). Both these characters bring their own unique sense of gameplay, and add a nice change of pace. Other returning characters from the first game include Destroyman, Sylvia Christel and the aforementioned Letz Shake.

The open-world driving of the

first game has been streamlined into just a menu system, and Travis no longer needs to pay an entry fee to fight the next ranked assassin.

The mini-games from the first game are back, but this time in classic 8-bit gaming glory. This time around, Travis has access to four different beam katanas to decapitate his foes. The Blood Berry and Camellia MK-III (known as the Tsubaki MK-III from the first game) make a return as well as the Peony and Rose Nasty.

The Peony acts as a giant version of Darth Vader's red lightsaber, taking giant, but slow swings, while the Rose Nasty allows Travis to dual-wield and do extremely quick combos.

All things considered, if you own a Nintendo Wii, and want to get a laugh while playing a very well-made game, then No More Heroes 2: Desperate Struggle is for you. Does it live up to the first game? Hard to say. But then again, most sequels don't nowadays. I still love this game for the story it provides, as well as the memorable boss fights, and it has made my list of top 5 games. Rating: 6 out of 7

Conestoga could use more daytime pubs

Many students go to Conestoga's pub events to hang out with friends, and some to binge drink to such a level that the revellers become, to use the parlance of our time, "blackout drunk."

I think this is kind of a shame and partly responsible for so few daytime pubs.

I wish our campus pub was more like those on university campuses such as the ones at Wilfrid Laurier University or the University of Waterloo.

“

Like most Conestoga students, I don't live within walking distance of Conestoga.

”

These bars are open most days and serve during lunchtime hours.

Our campus pub, sadly, is not as accessible. Hours are limited and events are always at night, with the exception of St. Patrick's Day, and are geared exclusively for students.

Like most Conestoga students, I don't live within walking distance of Conestoga.



**Nick
Dasko
Opinion**

In fact, I am not even within a half hour bus ride of Doon campus.

So while I enjoyed a beer or two during the nooner pub on St. Patrick's Day, I remained sober so I could drive home a couple of hours later.

This brings me to the reasoning as to why we do not have pubs more frequently.

Students have to remain sober enough to drive home as Doon campus has so many commuters.

It also has a lot of students working with potentially dangerous equipment such as bandsaws and syringes. These kinds of things can't be used if the student can't walk a straight line.

So Conestoga Students Inc., which holds the pub events, and the college would be taking a bit of a gamble if more frequent daytime pubs were held.

Students could help influence future decisions if they would drink responsibly at all events, day and evening.



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Current wage rate	\$9.50/hour	\$8.90/hour	\$8.25/hour	\$47.50	\$95.00	110% of the minimum wage
Mar. 31, 2010 wage rate	\$10.25/hour	\$9.60/hour	\$8.90/hour	\$51.25	\$102.50	110% of the minimum wage

On March 31, 2010, the general minimum wage will increase to \$10.25 per hour from the current rate of \$9.50 per hour.

To find out more about how the new minimum wage guidelines affect employers and employees, call or visit the Ministry of Labour web site.

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1-800-531-5551 www.ontario.ca/minimumwage



HOROSCOPE

Week of March 22, 2010



Aries

March 21 -
April 19

This week you will watch The Good, the Bad and the Ugly, and as such become a great fan of films in the genre of Spaghetti Western.



Libra

September 23 -
October 22

A very large house cat will steal your shoelaces. I have no idea why it will commit this theft.



Taurus

April 20 - May 20

On Thursday someone with whom you live will decide to purchase an older style telephone that uses internal bells to ring. This will annoy you terribly.



Scorpio

October 23 -
November 21

At some point this week a small blond boy will throw snowballs at you. He will then blame this act on a stuffed tiger named after a philosopher.



Gemini

May 21 - June 21

You will do some painting. Remember that many kinds of paint stain. Wear something crummy so you do not mind when you spill paint.



Sagittarius

November 22 -
December 21

You will wonder why your toilet bowl is perpetually green. It seems your roommates had too much green food colouring this week.



Cancer

June 22 - July 22

At some point this week you will get into a discussion with someone who thinks a diet of only local foods is a good idea. They are wrong.



Capricorn

December 22 -
January 19

At some point during this week you will sleep in an awkward position and as such experience neck pain for the entire next day.



Leo

July 23 - August 22

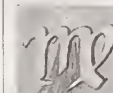
On Friday a fast-moving skunk will attack you. It would be wise to purchase some tomato juice and skunk shampoo in advance.



Aquarius

January 20 -
February 18

On Tuesday someone trying to replicate John Cleese's silly walk from Monty Python's Flying Circus will kick you in the face.



Virgo

August 23 -
September 22

During the weekend a tree branch will poke up your nose and cause an allergic reaction. Try and get some non-drowsy anti-histamine.



Pisces

February 19 -
March 20

This week you will thoroughly enjoy Valleys of Neptune. This is a new CD from Jimmy Hendrix. Please realize that he is still dead.



Nick Dasko is a second-year journalism student who makes these up for your amusement.

Job fair Wednesday

By NICOLE FRANK

Come out to the Conestoga on-campus job fair this Wednesday in the rec centre.

The free fair is from 10 a.m. to 1 p.m. and will feature more than 60 employers looking to fill full-time and summer positions.

Marketing and events coordinator for co-operative education and career services, Craig Black, said that Conestoga offers resume workshops and rapid resume review for students who want to prepare for the fair.

Students can drop in to the

rapid resume review in the Career Centre today or tomorrow to ensure their resume is professional looking before they hand it out at the fair.

"(We provide) quick critiquing of a student's resume before hand," Black said.

Today there will also be tables set up in the Student Life Centre where information about the fair will be provided.

There will be booklets available that show all of the employers making an appearance at the fair and explanations of what they are looking

for in terms of job descriptions and qualifications for the position.

Black suggests that students and graduates attending the fair should dress professionally and bring a polished resume. It is also good to do homework on companies that might be of interest.

Black has received positive feedback about the career fair from employers and students.

"Employers tell us it is a good resource for them and they like our students," Black said.

HAVING FUN AND GETTING FIT AT THE SAME TIME



PHOTO BY NICOLE HANNUSCH

Vanessa Marrocco, Daryl Wood and Caleb McDonnell competed in a game of extreme Twister the week of March 8, which got their hearts pumping early during Health and Wellness Week.

Student Life
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www.conestogac.on.ca/studentlife

Student Life Blog

check it out online

Hear about what's happening on campus from Conestoga students!



Condors fly through regionals

By GREG COWAN

Conestoga's indoor soccer teams will play their last tournament on March 25 and 26. It will be for the OCAA championship.

Both the men's and women's Condor teams qualified for the championship tournament through their performances and results at the West Regionals on March 10.

The men's team finished first with a record of 2-0-2 while the women's team placed second, finishing with a record of 2-1-1.

The regionals were held at the Ontario Soccer Centre

(The OSA Centre) in Vaughn, but travel proved not to be an issue as the teams from the far west came out on top. Conestoga and Fanshawe (London) were the teams to advance to the championship in both the men's and women's regionals.

The men's undefeated tournament started with a defensive 0-0 draw against a team from up north, the Algoma Thunderbirds. A few hours later they made a statement by beating the Redeemer Royals 5-1. After shutting out the Niagara Knights 3-0 the Condors faced the rival Fanshawe

Falcons with both teams swooping around the net but ultimately failing to score. The game ended 0-0.

The two may meet up again in the championship, and in that case, one will have to come out on top.

The Lady Condors started out with an early morning 4-2 win over the Algoma Thunderbirds. They then went on to tie the Redeemer Royals 1-1 before handing the Niagara Knights another loss at the hands of a Conestoga team with a score of 2-0. They were only defeated in their last game against the Fanshawe Falcons by a score of 2-1.

The Lady Condors may get a chance for redemption if the two teams meet up again at the championship tournament, but Coach Aldo Krajcar isn't making any predictions for either team.

"Winning the provincial championship is hard. It takes great quality, athleticism, commitment, stamina and decision-making," Krajcar said.

The two teams will travel to Vaughn once again for the OCAA championship. The OSA Centre features a true outdoor-sized field which is divided into three indoor fields for fast-paced tournament action.

If the Condors pull out a victory in the championship tournament it will be the first time since 1996 for the women's team and since 1980 for the men's.

Krajcar won't make bold predictions, but he does know what it will take to win.

"We have to work and work and be better than the other good teams and players who are working and working. We have to play for each other, we have to be a close unit, and when we get those basics working at their best, and a little bit of luck, everything else will follow."

Local artist is living her dream

Winning a competition helped reinforce her career path

By ALEX COOKE

Singer and songwriter, Robyn Dell'Unto, was 15 years old when she decided what she wanted to do with her life.

She entered a battle of the bands competition at her high school, against a horde of guys who were four to five years older than her, and she won.

"Winning that competition helped me decide that it (performing) was legit," Dell'Unto said. "I realized that anyone could join the party."

Her latest album, Bare Bones Demo, is actually a compilation of songs that she has been playing for as long as three years, performed in a folksy, acoustic

fashion.

"I wanted to show off a bit of new stuff, and new versions of older songs," she admitted.

The demo features eight songs and one bonus track. The first song, called Be My, is only 22 seconds long, but the strong bass beat and the airy vocals can get stuck in your head for days.

"That song was written with some roommates," Dell'Unto said. "Now it is a full-length song, and it might be on my next album." It was inspired by Joni Mitchell, one of Dell'Unto's many influences, which also include Cream, Simon and Garfunkel and Jefferson Airplane.

She designed the album cover, which is a cartoon of

her as a skeleton with long hair and a smile, strumming a guitar.

“

Winning that competition helped me decide that it (performing) was legit.

— Robyn Dell'Unto

”

That is exactly what this light and fun compilation is; music stripped down to the bare essentials. Playful melodies and thoughtful lyrics, coupled with simple back-beats that dance around in your head for days.

Track six, titled So Tired, was written about an ex.

So tired when you open your mouth. So tired of the shit that comes out.


"I was in awe of him at first," Dell'Unto said with a laugh. "He was really good at talking about himself."

After taking part in a competition last year, Dell'Unto was discovered and signed by Orange Lounge, the record label of her choice. With that development, she now has an in-house studio to use when recording, rather than calling up people she knows who have the equipment she needs to make her music.

"It's a dream come true," she said.

She has one song available on iTunes, Ghost, which was

robyn dell'unto



bare bones demo

featured in an episode of CBC's hit drama, Being Erica.

Dell'Unto's future looks busy and bright, with an untitled album set for release in May. She is currently touring through northwestern Ontario, then it's on to Winnipeg and Kamloops in early April.

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